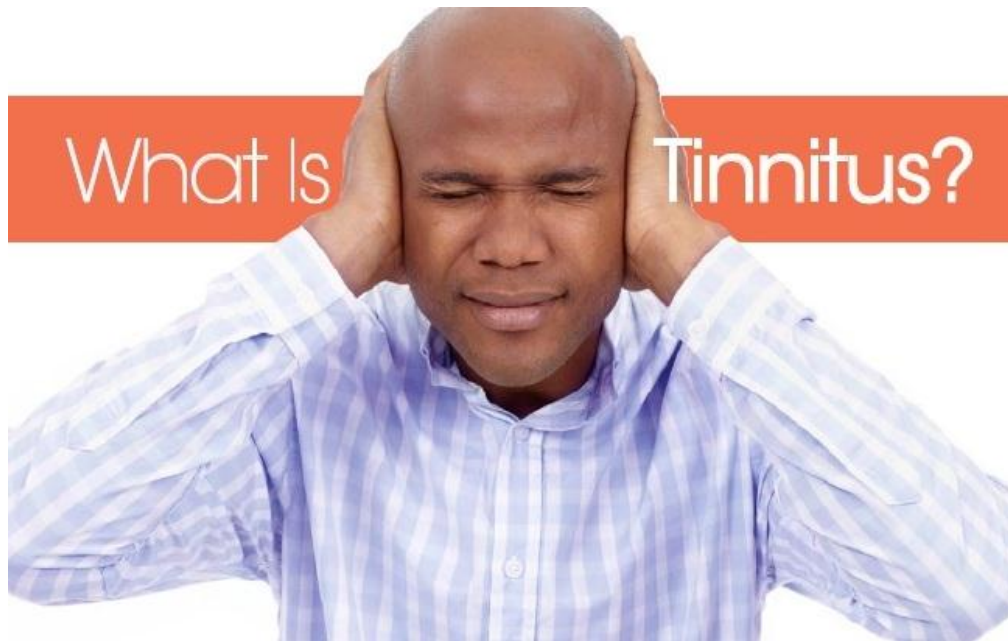


What Is Tinnitus?



Do you suddenly get up in the middle of the night hearing strange noises? Yes it can definitely be frightening, more so when you cannot find the source. Now consider for a moment that these sounds are coming from within you. Most people would be stunned to know that. Many of us do not even know that our internal organs can make sounds.

Let us try to see whether you actually heard these noises or not, and if you did, where did they come from. Now before anything, let us get this straight - yes, you actually heard those noises. No, they are not a result of a creative mind that imagined things in slumber. But having said that, it is also true that there is indeed no source of the sounds you heard. So what is it? Confused?

This is a classic case of tinnitus.

What is tinnitus?

What you experienced last night (or did you just get up from sleep and switch on the computer) is a classic case of tinnitus. This is a medical condition wherein a person hears all kinds of strange clicking, ringing, buzzing, whistling or hissing sounds within the ear. What's so worrisome about this condition for a lot of people is that, there's actually no physical source of these sounds. What makes it even worse is that, no one else seems to hear them. Frankly, these people cannot be really blamed. Naturally, if you cannot see where the sound is coming from, and if you keep hearing it, you are bound to get worried.

In tinnitus, the sounds a person hears are actually perceptions. Since there's no actual source, they are often referred to as "phantom noises". Will it help you if you knew that about 8% of all

people in the US suffer from tinnitus? Perhaps not, but at least now you know that you are not alone who hears these strange noises.

What Causes These Noises?

Of course you will want to know why you are hearing these noises. But even before you find this out, you should know that tinnitus is actually not a disease. It is actually a symptom of a problem that is rooted deep, somewhere within your body.

The problem could be a simple one like an infection in the ear, or even simpler, such as ear wax. Just clear the wax and get the infection treated, and the noises could go away. In some people, it could even be the result of a side-effect of a drug they took. Or it could be more complicated.

Some people will have tinnitus because their Cochlea is damaged. And in a few, it could be caused due to hearing loss. But of course, the most common cause of tinnitus is exposure to loud noises. The noise can be a sudden burst, or it could be a constant banging that hits the ear drum and travels inside. If they are abusing their ears by making it a point to stay close to such a racket, they will definitely have to pay a price. What's this price - it is tinnitus.

Of course, the noises of tinnitus are not heard only during the night. You could hear them during the day too. But it definitely seems to become worse in the night. In a few people, the noises come and go as they please. And there are others who hear them all the time.

Treating Tinnitus

It is almost impossible to live with tinnitus but you don't have to. If you are hearing the noises, whether all the time or intermittently, you must seek treatment immediately. But sadly, conventional treatments only treat the symptoms of tinnitus and may provide temporary relief at best. Sure enough, the sounds are going to come back.

The only way you could ever get rid of your tinnitus for good is by following the holistic approach to healing. By using a multidimensional treatment for tinnitus, we are tackling all tinnitus causative factors and eliminating these triggering elements from the root. This is the only path for permanent freedom from tinnitus.

What Causes Tinnitus?



First the good news - we know what causes tinnitus. And now the bad news - conventional medical science cannot cure it. Not permanently at least. Sure enough, your doctor would suggest a few remedies, and it may seem to you that the noises you hear are going down. As a result, you begin to relax believing that a pesky problem has been resolved. But suddenly the sounds return again. This is a very common problem actually.

So let us turn to the causes instead, and see whether we can try to solve the issue from this end.

Here Are Some of the Most Common Causes of Tinnitus

Exposure to noise - Did your mom always tell you in your younger days to turn down the volume? She was right. Exposure to loud noise can give you tinnitus. In fact, rock musicians, and those who work with them, or in night clubs often have it. Those who work in construction sites also have tinnitus. So turn down that volume while you still can.

You could begin to hear all kinds of noises if you have been exposed to just a single high-pitched noise. Or it could be due to a continuous attack of loud noises close to your ear.

This is what happens.

Prolonged exposure to noise can damage the Cochlea and cause tinnitus. So if you cannot simply stay away from all that noise, at least get some protection. Use an ear plug when you can.

Head injury - Take care of your head because a severe blow or a slight bang could make you hear the tinnitus noises. The head is of course one of the most sensitive parts of the human body. But some people cannot live without an injury, such as those who are into sports - boxers and football players. That's why athletes are more prone to a tinnitus attack. Even a dental surgery could make you hear them.

Ear infections and other ear problems - An ear infection, and even sinus can lead to tinnitus as well. When there is an allergy or a sinus infection, the mucous thickens within the inner ear, and this causes more pressure. The extra pressure can lead to tinnitus. Meniere's disease, where the fluid level goes up inside the middle ear is another reason. It could even cause hearing loss.

Prescription medications - Conventional drugs often cause side effects, and tinnitus is one of them. Actually, all kinds of drugs have been blamed for instigating this condition. Such as antibiotics like Aminoglycosides, Erythromycin and Vancomycin, Aspirin or medicines containing it. Anti inflammatory drugs like Advil, Aleve, Anaprox, Clinoril, Feldene, Indocin, Lodine and Motrin have also been blamed. Sometimes people heard noises after taking chemotherapy agents such as Cisplatin, Nitrogen Mustard and Vincristine. And some others have even blamed quinine and loop diuretics for this.

Stress - You must already know that excessive stress is not good for your health. It could result in all kinds of medical problems, and some of them can also be fatal. Stress can cause tinnitus too. A lot of it is damaging for your immunity, and this can lead to a misfire in the sound/brain waves. This adversely affects your nervous system, and makes you hear the noises.

Depression - Some people believe that depression causes tinnitus. And there are those who say that tinnitus causes depression. But most of them agree that there is a relation between these two. And anyway, if your tinnitus is bothering you endlessly, it can make you depressed. Naturally this will further complicate matters.

Take on these causes to achieve a permanent relief from tinnitus. Just tackling the symptoms will never work. After all, if the causes remain, the symptoms are bound to return.

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The Symptoms of Tinnitus

The symptoms of tinnitus can cause a lot of annoyance and problems for the sufferer. And on top of that, the symptoms could be confusing as well. Let us take an example to understand this better.

You were leading a perfectly good life, going to work and coming back home everyday, but all of a sudden you begin to hear strange noises in the ear. Of course you believe that there must be a source of these noises. But strangely, no one else seems to hear them. You might become scared and think that the noises are coming from within your body, and so you go and meet your doctor. After a few examinations, the doc confirms that everything is fine within you. But the problem is, you still hear these noises. They are beginning to get on your nerves and affect you at work. And worst, the noises seem to become worse at night, robbing you of your precious sleep.

That's tinnitus for you. The noises you hear are its main symptoms, and they could be of many types. You could hear strange clicking, ringing, buzzing, whistling or hissing sounds within the ear. But it's never the same for everyone. There are a few who hear them all the time, and there are others who get them from time to time. Then there are those who report an intense attack. And others are bothered by a constant drill. But you can be sure about one thing - a lot of people in the US and elsewhere have tinnitus. So there's nothing really unique about your condition.

Most Symptoms of Tinnitus Are Nothing but Phantom Noises

A lot of people become confused when they cannot locate a source of the noises they hear. And some of them even become scared. Often these people are even ridiculed by those who cannot hear the noises themselves. But for those who have tinnitus, the sounds appear absolutely real. Actually, these are just phantom noises, a perception of hearing.

There Are Exceptions.

In at least one instance, the noise heard could be real. In other words, there is a real source of the noise that you hear. This is known as Pulsatile tinnitus. In this, you would be able to hear your own heart beat, and it could drive you completely crazy because you would have to live with the constant beat all the time - no pun intended.

There's another difference. There's at least one more person who can hear these noises, and that is your doctor. The person will however need to use a listening device to hear them. Do take note - this is not the same as listening to the heart beat with a stethoscope. Here, the doctor will use a listening device to hear the noise at your ear, and not your chest.

What causes Pulsatile tinnitus? You could be hearing your heart beat if you have high blood pressure, have arterial damage, and even due to changes in the flow of blood. Sometimes, a lot of stress, anxiety or depression can also cause this condition.

Tinnitus and Ear Pain

Sometimes the tinnitus noises could come together with pain or discomfort in the ear. This usually happens when one or both of your ears are blocked because of excessive wax. So clear some of it, and the noise will go away.

But it is not always that simple to get rid of the noises. Sometimes the causes can be much more complicated, and there could be several contributing factors as well. Sadly, your conventional doctor will not be able to give you permanent relief because the treatment offered is only symptomatic. Treating the symptoms will never help when the causes remain.

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Hypnotherapy for Tinnitus



Does hypnotherapy really work? A lot of people will ask this question because there is a great deal of mystery about it. Conventional physicians often scorn at those who practice hypnotherapy, but there are those who vouch about the positives. So whom do you believe?

Did you know that even the conventional medical science is today looking at hypnotherapy for an answer to various illnesses? Yes, that's true. Psychiatrists and psychologists are now increasingly turning to hypnotherapy to reach into the mind of the patient. They are beginning to believe that since the mind can control the body, it can be retrained to heal a condition. If nothing else, the mind can be trained to stay positive, and a positive attitude often helps in treatment.

What About Tinnitus - Can Hypnotherapy Help Here?

Hypnotherapy can actually work very well for tinnitus. This is because some of the noises a person hears can actually be no noises at all. They are just phantom sounds. It is actually the perception of hearing them that bothers the person - there's absolutely no physical source of these noises. So hypnotherapy can work by retraining the mind to ensure that the person stops hearing them. The results could be amazing really. It has been reported that as many as 50% to 76% of all tinnitus sufferers can get relief after just a few hypnotherapy sessions. In some people, the noises go away completely, and in others, the volume goes down considerably.

The Problem with Hypnotherapy Is the Myth about It

In reality, most people do not understand hypnotherapy, and how it works. And they are often misguided by the hypnosis sessions that are shown on television. Here the therapist will put a person to sleep and order him/her to do all kinds of funny things. Of course no one wants to be completely vulnerable to the whims of the therapist, and thus, hypnotherapy has never really become a main-stream cure.

What Really Happens In a Hypnosis Session?

A real life hypnosis session is much different than what is shown on television. Here the therapist will first put the person to a completely relaxed state. Once this is achieved, the therapist chooses from several cures such as regression therapy, ego state therapy and suggestive therapy. A single session might not give you the results, but take a few of them, and you can certainly notice a difference.

Hypnotherapy enhances self-consciousness, and this lets the person concentrate better. This is known as the alpha state. When the person is able to achieve this, he/she can recall the memory and retrain the brain to break the memory loop of sound that causes the tinnitus sounds.

Never underestimate the power of your brain. It has the ability to block off most of the things we see or hear everyday. If the brain couldn't do this, then we would have to evaluate or analyze everything we see and hear. But that's not what happens. This is because the brain prioritizes things and lets us get on with our daily lives.

Especially when tinnitus is not directly related to a risky physical health condition, using the correct manipulation, hypnotherapy can decrease our awareness to the sounds of tinnitus.

Moreover, hypnotherapy can significantly contribute to relaxation and distress the patient and there are some manifestations of tinnitus that are almost directly related to a prolong state of anxiety and stress or are intensified by it.

Hypnotherapy can provide some relief from tinnitus. It can reduce or temporarily make the sounds go. But remember, the sound is just a symptom. It is best that you try to cure the root causes, instead of turning to symptomatic treatments such as hypnotherapy.

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Alternative Tinnitus Remedies



Have you been suffering from tinnitus for some time now? If you have, you must know how painful and frustrating all those noises in the ear can be. They can strike anytime in the day, and can become worse in the night. You would probably give anything to get some relief. But that's

of course easier said than done. The remedies suggested by the physician can give some relief. But the noises always come back.

So are the noises of tinnitus getting on your nerves? Its time you considered alternative tinnitus remedies. You should know that your physician practicing conventional treatments cannot really cure you from all those noises. Sure enough, your noises can go down with treatment, but they will always come back. At best, you can get some temporary respite from conventional treatment - nothing more.

You would be happy to know that there are a few wonderful alternative tinnitus remedies that have worked very well for many sufferers like you. There's no reason why they can't work for you.

Consider These Alternative Tinnitus Remedies

Herbal treatments - These treatments are developed from herbs.. For thousands of years, in ancient India, China and in other countries, herbal remedies have cured a lot of people from all kinds of diseases. We can't really ignore that. Herbal remedies also usually do not cause any side effects. Even modern medicine is now agreeing that several herbs have curative values and have a large role to play.

The ginkgo biloba herb can be extremely effective in treating tinnitus. It can enhance blood circulation and treat vertigo - both these conditions have been linked to tinnitus. Ginkgo biloba can also calm your senses and ease the symptoms. On the negative side however, herbal remedies might not be as effective for everyone.

Essential oils - Sometimes essential oils too work very well. Some people have got very good results by applying one kind of oil. And for others, a blend of various oils has worked. Both these approaches can work. Oils such as Cypress, Lavender and Juniper have been tried by many tinnitus sufferers, and they report positive results. Essential oils work best when they are applied through vaporization, massage, inhalation, compression and bathing.

Optimizing Your Diet - The food you eat is crucial to your health. When we choose the right foods, we stay healthy, and when we opt for all that junk stuff, we fall ill. It is essential that we have all the vitamins and minerals that our body needs to function properly. But sometimes, because of wrong food choices, the human body does not receive all the essential nutrients. For example, if you are not getting adequate Vitamin B, then you might develop tinnitus.

Luckily however, Vitamin B is easily obtainable from grains, cereals, vegetables and fruits. So always ensure that your eating plan includes them. Eat a well balanced meal that includes all the food groups. A supplement can never work as well as the natural food source.

Sound Masking - This is a unique approach to provide you some relief from the tinnitus noises. Those who suffer from tinnitus often report the problem worsening in the night. This happens because the silence of the night seems to intensify the noises heard. A masking device plays

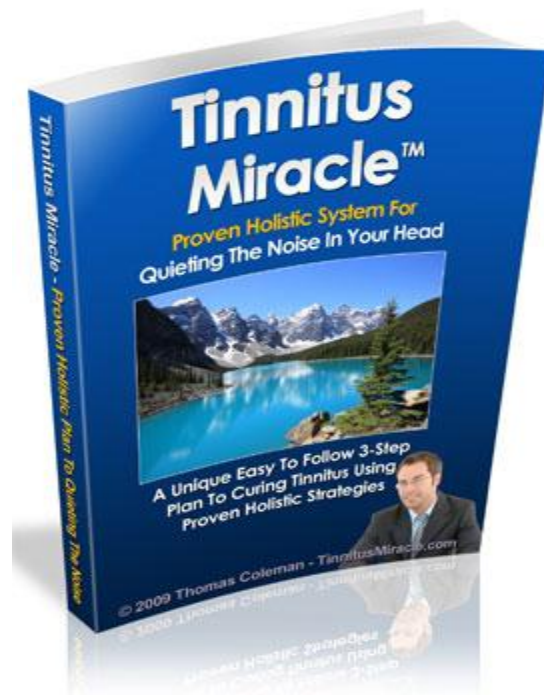
some soft natural noises that are pleasant on the ear. It is as if you are hearing some channel music at the hotel lobby or listening to your favorite composer through the earphone. The unpleasant swishing, buzzing and constant ringing is thus blocked.

Alternative tinnitus treatments may work. But there's a problem. In most cases, when using alternative remedies for tinnitus, the root contributing factors that caused all those noises remain, and so the sounds will come back as soon as you have stopped following these treatments.

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This article is based on the book, "Tinnitus Miracle" by Thomas Coleman. Thomas is an author, researcher, nutritionist and health consultant who dedicated his life to creating the ultimate Tinnitus solution guaranteed to permanently reverse the root of ear ringing and naturally and dramatically improve the overall quality of your life, without the use prescription medication and without any surgical procedures. Learn more by visiting his website:

[Get Euro Forex Secrets From This SECRET Link](#)



Tinnitus Miracle e-Book Review

Why Is Tinnitus Miracle The Best Selling Tinnitus Cure Book In Internet History, With Thousands Of Satisfied Men and Women In 127 Countries Worldwide?

Tinnitus Miracle is the #1 best selling tinnitus Cure ebook in the history of the Internet for a reason...

Thousands of men and women of almost every age have completely reversed any tinnitus issues they had and got rid of the ringing sounds in their ears naturally, without drugs, risky surgery or "magic potions" simply by using the clinically proven, scientifically-accurate step by step method found inside this amazing Tinnitus guidebook.

Thomas Coleman, a certified nutritionist, health consultant and author has not just pumped out yet another "Tinnitus program" into an already over-saturated market. Thomas's Tinnitus Miracle can be more accurately described as an "Tinnitus Bible." It is quite simply one of the most comprehensive, complete, and precise guides to tinnitus freedom you will ever read. What makes it so much different than other Tinnitus publications on the market?

Well first of all, it's not just a "tinnitus help" program, it's an tinnitus cure program. This may seem like semantics or wordplay at first, but once you've read just the first chapters, there will be no doubt in your mind that pursuing "help with your Tinnitus" is not only the wrong goal, it may be the reason that you've failed to get rid of the ringing sounds in your ears until now. Tinnitus Miracle shows you exactly why you should fix the internal problem that's hindering your chances of getting rid of the tormenting sounds in your ears and then goes on to show you exactly how to do it.

Secondly, what makes Tinnitus Miracle different is the amount of attention that is paid to each and every element required to get rid of the sounds in your ears the natural way. Tinnitus Miracle not only thoroughly discusses the lies, myths and fallacies surrounding a very confusing subject, it is simply the most detailed book about Tinnitus and holistic health ever written.

The Tinnitus Miracle book is quite extensive (250 pages of rock solid content) which focuses on 100% natural method for getting rid of the sounds in your ears quickly. That means there aren't recommendations for harsh prescription drugs, white noise, or surgeries with nasty side effects. In Tinnitus Miracle core formula section (The 3 step system) - Nothing is held back. In this section, Thomas gives a detailed overview of each step, and then dives into the specifics in a perfect chronological order. There are also outstanding charts and checklists which make it very easy to know where you are at in the program and follow it.

Because the Tinnitus Miracle program is not a quick fix 'fairy tale' cure but a complete holistic solution aimed at eliminating the root cause of tinnitus problems(regardless of your age) and ensure your will get rid of the sounds in your ears quickly, it does take work and persistence to

complete. "The dictionary is the only place success comes before work" says Thomas, as he emphasizes the "no quick fix" philosophy behind the entire book.

If there is any drawback to the Tinnitus Miracle ebook, it's that it contains so much information, that some readers may find it a bit overwhelming. Those who are looking for a quick start type of Tinnitus program, might be a bit intimidated at first. The good part however, is that even these types of readers can feel confident and assured that it will be worth the effort because this will literally be the last book they ever have to buy on the subject.

Who will benefit most from Tinnitus Miracle?

In the broadest sense, anyone and everyone who wants to get rid of the sounds in their ears naturally and regain their natural inner balance will benefit from Tinnitus Miracle. This ebook is honestly for everyone. Even people without tinnitus issues. This is a total health rejuvenation program better than 98% of the nutrition and alternative health books on the market.

In terms of graphic design, Tinnitus Miracle is a clean and professionally formatted PDF e-book. It is well organized and ideal for printing and reading in the comfort of your own home.

This impressive and unique publication has changed many lives and the hundreds of inspiring testimonials and success stories are found on the Tinnitus Miracle website archives as proof.

The Bottom line?

Anyone looking for a quick fix solution to getting rid of the sounds in their ears, anyone looking to be told fairy-tales, and anyone looking for a "magic bullet", pills, over the counters, 'cure tinnitus in 2 weeks' hyped up programs should not waste his or her time with Tinnitus Miracle.

On the other hand, anyone searching for the truth about Tinnitus and alternative health and who is ready and willing to put in some work and make the lifestyle changes necessary to get rid of the sounds in their ears fast will find Tinnitus Miracle to be one of the best investments they ever made in their lives. [Click here to learn more about Thomas Coleman's Tinnitus Miracle](#)

